

# ***Exhibition Journal***

Your journal is the ongoing record of all the work you do leading up to the actual Exhibition. You should be writing **reflections** that comment on the **process** and **progress** that you are making as a **team**, as well as an **individual**.

***Each entry in your journal should include the following:***

- ✓ Date
- ✓ Entry Number
- ✓ Description of what happened at the mentor meeting (if you had one that day)
- ✓ Record goals/objectives for upcoming week
- ✓ Any idea/action carried out

***Use the following as a guide for writing your reflections:***

- What did you do?
- What did you think?
- What didn't you do?... and what could or should you have done?
- What decisions did you make as a group?
- What did you decide to change and what are the reasons for making the change?
- Where there any problems? How did you deal with them? What did you learn about yourself? Which skills did you use well? (Social skills, self-management skills, organisational skills, cooperative skills etc.)
- What made you happy, annoyed, frustrated, angry, nervous, disappointed, proud...?
- Where are you going next?